

CLAIMS

The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. A method of toning and developing total facial muscle groups by contracting facial muscles against resistance provided by means of:
 - a. specifically designed facial weights in varying sizes and shapes
 - b. twenty specific facial exercises designed for said facial weights.
2. Facial weights to be used for facial muscle building comprising:
 - a. flexible water resistant external covering
 - b. weighted material filled
 - c. sewn to conform to various fixed sizes and shapes
3. In accordance with claim two: said weights in varying sizes and shapes designed to fit the facial contours of targeted muscle groups comprising:
 - a. weighted material filled, elongated shaped of variable sizes with narrow mid-section and wide ends.
 - b. weighted material filled, flexible water resistant covering of vinyl and simulated leather and of irregular sizes and shapes
 - c. weighted material filled varying from 227gm to 1 kg.
4. In accordance with claim two: said weights are designed so that the individual will be in the supine position while performing the exercises.
5. In accordance with claim one, twenty facial exercises for said weights comprising of:
 - a. exercise 1, designed for the 284gm oculus weight consists of placing weight over eye, closing eye tightly then releasing
 - b. exercise 2, designed for the 227gm oculus weight consists of placing weight over eye, raising eyebrow then relaxing it
 - c. exercise 3, designed for 454gm irregular shaped weight consists of placing weight over temple and closing eye tightly then relaxing

- d. exercise 4, designed for 454gm irregular shaped weight consists of placing weight below lower eyelid, closing eye tight then relaxing it
- e. exercise 5, designed for 454gm irregular shaped weight consists of placing weight as in exercise 4, except raise corner of mouth up toward weight
- f. exercise 6, designed for 766gm irregular shaped weight consists of placing weight over cheek and raising corner of mouth toward weight
- g. exercise 7 designed for 766gm irregular shaped weight consists of placing weight as in exercise 6 except tighten lips, pucker, and stretch lips away from weight
- h. exercise 8 designed for 766gm irregular shaped weight consists of placing weight over cheek but closer to nose and stretching upper lip over top teeth
- i. exercise 9 designed for the 766gm elongated shaped weight consists of placing weight over higher part of forehead near hairline and lowering eyebrows
- j. exercise 10 designed for the 766gm elongated shaped weight consists of placing weight over lower part of forehead near brows and raising brows
- k. exercise 11 designed for the 766gm

elongated shaped weight consists of placing weight over bridge of nose with center pleats toward brows and wings over lower half of eyes while tightening eyes then relaxing

- l. exercise 12 designed for the 766gm elongated shaped weight consists of placing weight over bridge of nose with center pleats toward lips and wings over checks, raise brows
- m. exercise 13 designed for the 766gm elongated shaped weight consists of placing weight over bridge as for exercise 12 but wrinkle nose and then relax
- n. exercise 14 designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 12, with lips together smile
- o. exercise 15 designed for the 1 kg elongated shaped weight consists of placing weight over bridge of nose as for exercise 12 but move the wings closer to the corner of the mouth, pucker lips then relax
- p. exercise 16 designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 15 but stretch upper lip over upper teeth as in exercise 8

- q. exercise 17 designed for the 1 kg elongated shaped weight consists of placing weight between nose and upper lip with center pleats toward nose and wings over cheekbones, lips together smile
- r. exercise 18 designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 17 except with center pleats toward chin and wings over checks, pucker lips then relax
- s. exercise 19 designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 18 except that neck is directly over both lips, pucker lips
- t. exercise 20 designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 19 but over lower lip, open and close mouth.